

Pullman Senior Citizens Association

325 SE Paradise Street
Pullman, WA 99163
509-338-3307

Special Notice!
Please Read!!

- ♦ Registration for Spring activities & trips begins on Dec. 18, sign up at the Senior Center (509-338-3307); the Parks & Recreation office (509-338-3227) or online at: PulmanParksandRec.com
- ♦ Everyone will be able to pay annual PSCA membership dues in the month of January
- ♦ Dues are \$15 for single person and \$25 for couple. Check or cash only. **Membership will be due the month of January.**

November



Veteran's Recognition

Nov. 8 at 11:00am

We are pleased to honor those who have served our nation. Let's give a special thanks to them for their service and dedication.

If you were a member of the Armed Forces, please attend.



Holiday Bazaar

Pullman Senior Citizen Annual Holiday Fundraiser with Lunch

November 13-14 - 10:00am-3:00pm

Lunch served: 11:00am-1:30pm

Pullman Senior Center, City Hall, 325 SE Paradise St

Don't miss Pullman Senior Center's Holiday Bazaar. This annual event is for the whole Palouse community! Find great Christmas gifts with a wide variety of handcrafted items, a large book sale, and delicious baked goods. In addition, you can get your knives sharpened by Max for a great price.

Lunch will include: BBQ beef sandwich, coleslaw, pie, and coffee for just \$8.00.

For more information, call 509-338-3307.



Proceeds support the Pullman Senior Citizen's Association and senior activities center.



October Birthdays



Birthday Party

**Celebrate with us
on
November 1st !!**

“Win a Day Trip”

**Thank You!!
Regency Pullman
For you sponsorship of
drawing and other prizes.**

November Birthdays

Eileen Whipple	Nov 01	Jo Ann Mildren	Nov 15
Betty Hammond	Nov 02	Ana Lee Syms	Nov 18
Pat Orlich	Nov 07	Jim Hudak	Nov 19
JoAnn Porter	Nov 07	John Howell	Nov 23
Richard Hume	Nov 09	Lee Barnesberger	Nov 25
Marsha Olsen	Nov 09	Carl Ketchie	Nov 25
Richard Zollars	Nov 09	Charlena Grimes	Nov 26
Margaret Pan	Nov 11	Hazel Jahr	Nov 27
Muriel Slattum	Nov 11	Joan Emerson	Nov 28
Muriel Lamb	Nov 12	Billie Jean Teagle	Nov 28
Irene Simpson	Nov 13		





Mark Your Calendar

Birthday Party	Nov. 1 st	PSCA Meeting after Lunch	Nov. 12 th
Guest Speaker	Nov. 4 th	Holiday Bazaar	Nov. 13 th & 14 th
Northern Quest Casino	Nov. 5 th	Electronic Devices	Nov. 14 th
AARP Drivers Training	Nov. 5 th & 6 th	Kitchen Band/Bingo	Nov. 15 th
Bunco	Nov. 6 th	Cannabis Industry Talk	Nov. 19 th
Dinner Club	Nov. 6 th	Broadway Play & Shopping	Nov. 20 th & 21 st
Electronic Devices	Nov. 7 th	Electronic Devices	Nov. 21 st
Lunch & Movie	Nov. 7 th	Coloring Club	Nov. 21 st
Thursday Night Crafting	Nov. 7 th	Pullman CCOA Meeting	Nov. 21 st
Veterans Celebration	Nov. 8 th	COA Thanksgiving Meal	Nov. 22 nd
Veterans Day (Center Closed)	Nov. 11 th	Ted Talk & Discussion	Nov. 26 th
Old Time Fiddlers & Lunch	Nov. 12 th	WSU Retirees Meeting	Nov. 26 th



Lunch Menu

(Note: Menus subject to change without notice!)

**GIVE
THANKS**
FAMILY • FRIENDS • GRATITUDE

Nov 1 ~ Birthday Party; Pork Chops & Apple Sauce, Potato Coins, Caesar Salad, Birthday Dessert

Nov 4 ~ Biscuits & Gravy, Sausage, Scramble Eggs & Fruit

Nov 8 ~ Lasagna, Caesar Salad, Green Beans, Apricots, Dessert

Nov 11 ~ Closed ~ See you on Nov 12th

Nov 12 ~ Crispy Chicken, Garden Rice, Broccoli & Grape Salad, Fruit, Dessert

Nov 15 ~ Vegetable Beef Stew, Green Salad, Sliced Pears, Multi Grain Bread, Dessert

Nov 18 ~ Spaghetti w/ Meat Sause & Vegetables, Green Salad, Garlic Bread, Baked Apple Slices

Nov 22 ~ Thanksgiving Dinner ~ Turkey & Gravy, Stuffing, Vegetables, Cranberry Sauce, Roll & Pumpkin Pie

Nov 25 ~ Chef Salad: Tomato, Ham, Turkey, Cucumber, Cheese & Hard Boiled Egg, Multi Grain Bread, Cookie

Nov 29 ~ Closed ~ Thanksgiving Holiday ~ Give Thanks

Sponsored by the Council on Aging



Suggested Lunch Donation

60 yrs. and older — \$4.25

Under 60 yrs.— \$6.50

Volunteer Opportunities

- Front Desk/Scheduling
- Special event planning
- Many other areas
- What are your talents

Stop in and see Monica for areas in which you can volunteer some hours.

(509) 338-3307 or 325 SE Paradise Street

Skillet Meals

A hearty and tasty one-pot dish that can be made in under half an hour. Use leftover brown rice for this recipe.

Ingredients

1 package broccoli (10 ounce, frozen, can also use mustard greens, collard greens or spinach)
2 cans stewed tomatoes, low sodium (about 30 oz)
1 cup brown rice (cooked)
1 can white beans (15 ounces, rinsed and drained) pepper (to taste) oregano, basil, or hot pepper (other spices to taste, optional)

Directions

1. Steam greens in the stewed tomatoes using a small pan, pot, or electric skillet on medium-high heat.
2. Cook greens 10 to 20 minutes, until they are as soft as you like them. Stir gently.
3. Add the rice, canned beans, and seasonings.
4. Cook until heated through.

*gratitude
changes
everything*

A Moment with Monica...

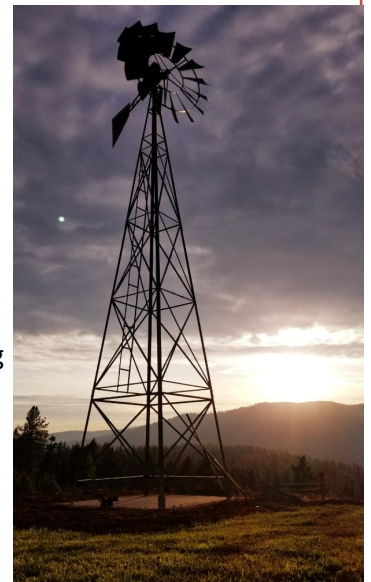
We start November with the Birthday Celebration and I want to thank our community partners who having helped Pullman Senior Center with their unconditional support. They give many on-going hours of help with activities and services not just to the Senior Center, but to Pullman as a whole. Collaboration and working with others is what will make our Pullman Senior Center successful as we move forward to an ever-changing world.

I hope you all have your calendars marked for November 13th and 14th for the Pullman Senior Center annual Holiday Bazaar. We will be serving our great BBQ sandwich dinner for just \$ 8.00. Please bring your friends.

I'm sure we will have some great home baked goodies as always, plus beautiful and clever crafts. And don't forget the knife sharpening by Max just in time for those holiday meals. No yard sale items this year, save them for the August Garage Sale!

I also want to take the time to let you all know how thankful I feel every day when I walk through the doors of the Senior Center. November is the month to share our thoughts of thanksgiving and you are all part of mine. I know many of us are still working through change and I too am working through it as well. I do see some great things to come to our center and wanting you all to know it is for the betterment for your health and wellbeing. Sharing our joys and laughter and sharing the sorrows is what we do the best.

Warm Regards
Monica



Upcoming Activities & Trips

Day Trips

Casino Trips

These are some of our most popular trips. If slots machines are not your thing there are great gift shops, wonderful restaurants, and cafés. We will only be going to two casinos this fall, so register early. We are not responsible for any losses incurred!

Pick-up to begin 1-hr prior to departure.

Meal cost not included.

Fee includes: escort and transportation.

November 5 Northern Quest Casino Tu 9:00am-5:00pm \$15/\$17 Airway Heights, WA

Dining Clubs

Let Parks & Recreation Staff drive you to area eateries to join your friends for socializing over great food.

Carpooling is welcomed. Must register to attend.

Please sign up and pay fee so your spot can be saved.

Pick-up will begin one-hour prior to scheduled departure.

Fee covers transportation only.

Dinner Club November 6 Zeppoz W 4:30-7:00pm \$5/\$7 Pullman, WA

New! Thursday Evening Crafting

Each evening participates will engage in a different crafting activity. We will travel to Colfax and Moscow to craft at a local business, for two of the dates, the other two times will be in Pullman and instructed by a local artist. The items you make are for you to take home, give as a gift, use for your holiday decorating, or even donate to the Holiday Bazaar. These classes are limited to 12, so register early. You will be paying for your own supplies at the class site, the craft projects cost from \$5-\$40, paid to instructor.

Contact Monica at 509-338-3307 for supply list and cost.

Registration required. Pay instructor for supplies.

Home pick-up begins 1-hr prior to departure.

Fee includes: transportation

November 7 Holiday Wall Art Th 5:00-8:00pm Various Pullman Senior Center

New! Holiday Center Piece

Travel to Flowers, Décor & More in Colfax to create your own holiday center piece. Shelly and her staff will help us design and decorate for the holiday season. Spend an evening enjoying and having a good time with other participants.

Home pick-up begins 1-hr prior to departure.

Fee includes: class, escort, and transportation.

November 26 Flowers, Décor & More, Colfax, WA Tu 5:00-8:00pm \$65/\$67

Extended/Overnight Travel

Jesus Christ Superstar & Holiday Shopping

Catch the Broadway production of Jesus Christ Superstar, with dinner prior to the show. Monica has made this an extra special trip with shopping the next day at Spokane Riverfront Park Mall and the traditional stop at Trader Joe's on the South Hill. Just in time for some early holiday gift gathering. No refunds after October 19, as tickets are pre-purchased. Meals and shopping are not included.

Home pick-up begins 1-hr prior to departure.

Fee includes: admission to performance, hotel, escort, and transportation. Register by: October 19.

November 20-21 W-Th 10:00am-6:00pm Spokane, WA

Single Occupancy: \$332/\$334 Double Occupancy: \$230/\$232

Register by calling 509-338-3307 or 509-338-3227



Upcoming Activities & Trips

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Wellness Programs

Yoga for Seniors

This class will develop the essence of Yoga with deep breathing, listening to what our body tells us, letting go of expectations, and accepting our bodies where they are today. Work on strengthening your posture muscles and developing increased flexibility of your limbs. Recommended equipment: yoga mat, small blanket, and pillow.

Instructor: Wiley Hollingsworth, Certified Senior Yoga Instructor

November 5-December 19 TuTh 10:00-11:00am \$33/\$35 Pullman Senior Center

November 4-December 20 MWF 10:00-11:00 am \$54/\$56 Pullman Senior Center

Free! Coloring Club

Coloring is not just for kids. Adult coloring enhances a person's mood, reduces anxiety, and relieves stress. Coloring has been proven to have great health benefits such as; exercise of fine motor skills and helps train your brain to focus. Bring your own coloring book, coloring pages, colored pencils, markers, or crayons. Some supplies will be on hand as well as some coloring pages. Bring a snack and drink.

November 21 Th 10:30am-12:00pm Free Pullman Senior Center

Free! Social Support Group

Join this lively group and interact with others, bring any concerns you may be facing. This is a great place to meet new friends and share life experiences. The group is a safe place to come and share all your joys and challenges, so join us. All shared information is confidential. If you have any question about this group, please contact Monica at 509-338-3307. Registration required.

November 27 W 10:00-11:30am Free Pullman Senior Center

Totally Tuesday's for Active Adults New! Free! Exploring Cannabis Use & Industry

A series of presentations from different sections of the Cannabis industry. Monica has developed this series to educate and inform you about this growing Pacific Northwest industry. Presentations will include the possible benefits, opportunities, and regulations of an industry which has been around for years. The City of Pullman and Pullman Senior Center does not endorse or recommend the use of Cannabis. These are purely an educational series.

November 19 Producer Owner Tu 10:00am-12:00pm Free Pullman Senior Center

Free! TED Talks & Discussion Times

Keep your mind fresh on topics and have a conversation about what you may have just watched. Monica, Senior Citizen Programs Coordinator has searched for various topics from loneliness, laughing, and our brain hurting from watching a program. If you are curious about these topics then join others for viewing and discussion.

November 26 Robert Waldringer Tu 10:00am-12:00pm Free Pullman Senior Center

Bunco

A fun way to keep in contact with friends and make new ones. Monthly Bunco games will be held on the 1st Wednesday of each month. See who gets the traveling Bunco prize. If you have not played Bunco, now is the time to learn and have great fun.

November 6 W 10:00am-12:00pm Free Pullman Senior Center

New! Free! Movie & Lunch

Join us on the first Thursday of each month at the Pullman Senior Center to watch a movie and enjoy your lunch or snack. Bring your own lunch or snack to each movie. Movies are subject to change. *Welcome to Marwen*: When a devastating attack shatters Mark Hogancamp (Steve Carell) and wipes away all memories, no one expected recovery. Putting together pieces from his old and new life, Mark meticulously creates a wondrous town where he can heal and be heroic.

November 7 Th 11:30am-3:00pm Free Pullman Senior Center

Last month of Electronic Devices Help for the Year!!

We have revised the Smart Phone class and are now including other electronic devices so we can take on phones, tablets, and laptops. We learn a different device each week. Example of this is cameras on your phone, tablet, and lap top; how does it work. How do we take a good picture and how do we send it out to people? Come to our class every week and find out the answers. Fee is to cover cost of any handouts provided.

November 7th, Nov14th & November 21 Th 9:30-11:00am \$5/\$7 Pullman Senior Center

MEDICARE HELP?

Do you need help understanding Medicare's many programs and options? SHIBA organization helps our community each year to figure out the best health plan that will meet your needs and SAVE some money.

They will be here the following **Wednesdays** from **10:00am to 2:00pm. November 6th, 13th, 20th 27th and December 4th.**

No appointment is needed as it is first come – first serve.
Call Monica at 338-3307 if you have any questions.



Nov. Monthly Meetings

- Nov. 12th - PSCA ~1:00 (No Potluck)
- Nov. 14th - Red Hats ~ Holiday Bazaar
- Nov. 21st - PCCOA ~ 3:30
- Nov. 26th - WSU Retirees~ 1:30

AARP Drivers Safety Course

November 5th & November 6th 9:00 am to 1:00 pm

Be safe and save some money!

For those 50 yrs. & older, you can take this refresher course at the Senior Center and learn how to improve your driving skills.

Contact instructor, Dennis Griner to register for class:

509-339-5916 Cost: \$15 AARP members/\$20 non-members.

Sign up NOW!



PULLMAN SENIOR CENTER
325 S.E. Paradise Street
PULLMAN, WA 99163

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PULLMAN SENIOR CENTER INFORMATION

Senior Citizens Mission Statement

Our purpose is to promote the social, cultural, spiritual, economic, physical, and mental well-being of the citizens of the community with particular attention to the older age group.

Pullman Senior Citizens Association & Senior Center

For information about the Pullman Senior Citizens Association, the Senior Center, the newsletter, programs, trips or other senior services, please call (509) 338-3307.

Monica LeCaire, Senior Program Coordinator

Senior Coordinator Office 509-338-3307 (has voicemail)

Location & Mailing Address:

325 SE Paradise, City Hall, Pullman, WA 99163

Lunch Pick Up and Shopping

Call 509-332-1933 from 9:00-10:00am to sign up.

Senior Center Van Driver

Cell: 509-595-3879

Membership Dues Beginning January 2020

Membership dues are just \$15/single and \$25/couple annually.

SENIOR CITIZEN ASSOCIATION

Co-Presidents

Jolie Haug ('20)
Dave Ruddick ('20)

Co-Vice Presidents

Pat Hudak ('19)
Peter Haug ('20)

Treasurer

Millie Flood ('19)

Secretary

Jere' Strang

Board Members

Jodi Lee ('19)
Eileen Macoll ('19)
Carole Johnson ('20)
Sharon Sharp ('20)
Vicki Ruddick ('21)
Peggy Flaherty ('21)

Ex-Officio

Marlene Stephens ('20)